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partment of Nursing and Health, Teachers' College, Columbia University, New York, Miss Caroline Van Blarcom, Executive Secretary, Committee on the Prevention of Blindness, New York City.

The report, as a whole, is of tremendous interest to nurses and offers large opportunity for societies and individuals to enlarge the field of their usefulness. It offers work in any of the following lines if one has the enterprise to start out in search of it: educational, preventive or remedial nursing, and social work.

FRESH AIR AND HOW TO USE IT. By Thomas Spees Carrington, M.D.

The National Association for the Study and Prevention of Tuberculosis, 105 East 22d Street, New York City.

"Probably not more than one person in every hundred, taking the country as a whole, gets enough fresh air to ward off the ordinary attacks of dangerous infectious and contagious diseases," says Dr. Livingston Farrand, executive secretary of the National Association for the Study and Prevention of Tuberculosis, in a statement issued from the association's headquarters in New York.

"People," continues Dr. Farrand, "fail to get enough fresh air either because their lungs, or other respiratory organs are affected, or, more generally, simply because they do not open the windows and doors. For the former class a physician is needed, but for the latter, plain directions on how to live, work, play and sleep in the open air will do more than hospitals and drugs."

To meet the need of this latter group—not especially those who are sick but those who are seemingly well—the National Association has prepared this handbook.

This book is designed to prevent tuberculosis by showing those people who have no trace of the disease how to ward off the attack of consumption by living and sleeping in the open air. Failure to get enough fresh air by working and sleeping in poorly ventilated, overcrowded rooms is one of the most prolific causes of tuberculosis and also of a host of other infectious diseases. This free gift of nature is probably the world's best medicine not only in the treatment, but also in the prevention of disease.

The handbook tells how any one can obtain fresh air in the home, the shop, or the schoolroom at a cost ranging anywhere from \$1.00 to \$1000 or more, according to the elaborateness of the equipment desired.

While the association cannot afford to distribute the book itself free of charge, it will send to any one an illustrated synopsis or summary of it, entitled "Directions for Living and Sleeping in the Open Air," on request at the office, 105 East 22d Street, New York City.